



ECSU execs depart weeks before new semester

Lecki hired as VP Admin to replace Awan, Uppal to take over Arduini's former position

BY DANIEL FILIPE MARTINS

The Erindale College Student Union (ECSU) suffered an unwelcome series of setbacks just weeks shy of the new school semester after two executives resigned their positions. Vice President of Administration Hena Awan and Clubs Commissioner Matt Arduini left ECSU within weeks of each other, citing "personal reasons" as grounds for their departure.

ECSU worked to fill the gap left by the two executives by hiring Roman Lecki as replacement VP Admin, and temporarily assigning the Clubs post to College Affairs Commissioner Sunish Uppal. Both Uppal and Lecki will hold those positions until by-elections, tentatively scheduled for October, can be held.

Awan originally joined the ECSU staff last year as Special Projects director before her election to the post of VP Admin. Arduini was acclaimed as Clubs Commissioner during the same election.

Current ECSU president Ryan Carroll says that although he understands the reasons for Awan's resignation, he regrets her departure all the same. "She was a returning member," says Carroll. "She was really helpful, and really cared about the students." Awan herself could not be reached for comment.

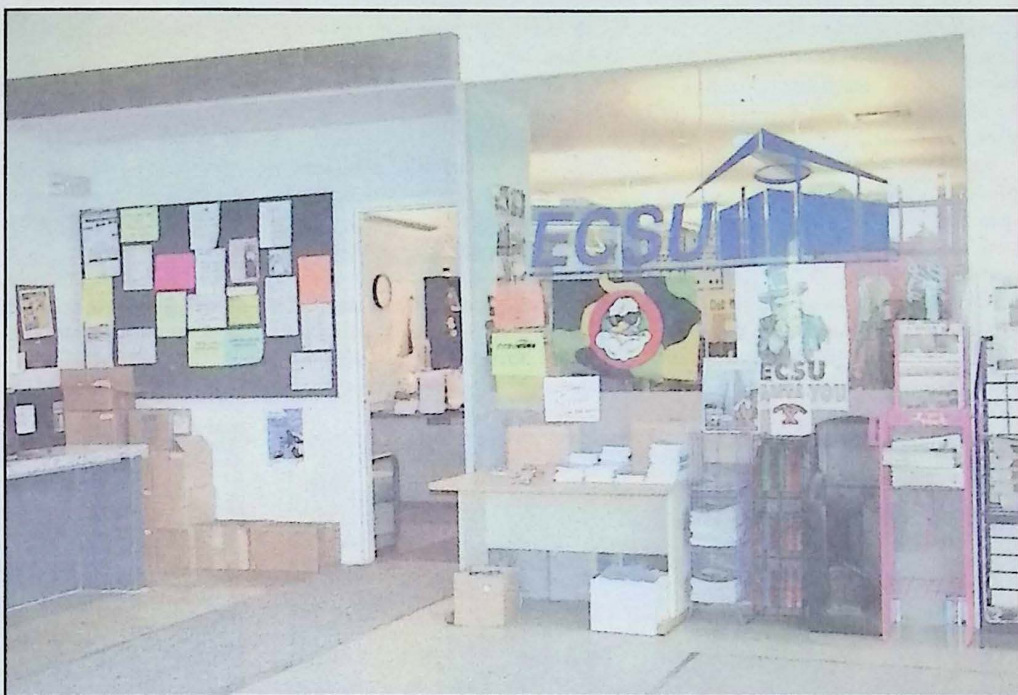
Carroll says that Arduini showed great enthusiasm and initiative at first,

noting that he started work at ECSU the day after his election. He adds, however, that his participation and ability to meet deadlines had dropped off considerably during the summer. "We didn't see eye to eye on timelines," explains Carroll. "He had great ideas going in, and saw many possible changes, but he didn't have any time. Matt was busy with work, which I totally understand, but it came down to his work not being done."

Carroll points out that it was Arduini's decision to resign, and that the decision came as no great surprise.

In a brief statement, Arduini maintained that his resignation was prompted by "personal reasons... I had a few other things I had to do, and just didn't have enough time to devote to ECSU."

Carroll laments the difficulties traditionally faced by ECSU during the summer following the general election. "Every year we have problems," he says. "They [newly-elected ECSU executives] say they know what needs to be done after they're elected, then walk in and want exceptions to be made." Carroll also notes, however, that ECSU had worked to be as accommodating as possible this summer.



Photo/Denise Gibson

Increasingly empty? ECSU has an inauspicious start to the new term, but Frosh Week is still on schedule.

Despite the setbacks wrought by the resignations, Carroll is optimistic that Uppal and Lecki would be more than adequate in carrying out their new duties. He praises Uppal for his diligence over the summer, and for "stepping up when we needed him most." Uppal himself seemed upbeat about his greatly increased workload. "Yeah, I can handle it," he jokes. "I've

been doing it up until now anyway." Lecki was hired some two weeks following Awan's resignation, but is no stranger to ECSU. Although deciding not to run in last year's elections despite initial plans to do so, Carroll says that Lecki remained an "integral part" of Frosh Committees in

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New grants for students, gifts for UTM

BY: DANIEL FILIPE MARTINS

Ontario students in general and UTM students in particular may find their wallets a little fuller in the coming year, as the Government of Ontario and the Canada Millennium Scholarship Foundation announced thousands of dollars in new loans for lower income Ontario students over the next few years.

At the same time, Mississauga magnates and philanthropists made their

own contributions to UTM. General Electric Canada, Gary and Brenda Mooney of Fidelity National Financial Canada, and former GE Canada CEO Bob Gillespie announced several gifts for the university-altogether contributing half-a-million dollars in new funds for UTM students and facilities.

The Millennium Foundation's new Millennium-Ontario Access Grant will provide 16 000 lower-income students across the province with grants of \$ 3000 to relieve tuition costs. When combined with the federal government's Canada Access Grant, also directed at lower-income students, first-year students could receive up to

\$ 6000 dollars to cover the entirety of their tuition. Eligible first year students will automatically be considered for the grants when they apply for funds through the Ontario Student Assistance Program (OSAP).

The Ontario government and the Millennium Foundation, a private, independent organization established in 1998 by Act of Parliament, will provide \$ 100 million over the next four years to fund the new grants. Since 2000, the Foundation has already provided \$ 108 million in Millennium bursaries to students.

In a statement released to the Ontario press, a spokesman for the

Foundation said that the new grants "represent a shift in the way student financial aid is delivered by providing resources on the basis of the level of income of the student's family."

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photo/Daniel Martins

Her Worship Hazel McCallion with Bob and Irene Gillespie.

Campus road changes completed on schedule

BY DANIEL FILIPE MARTINS

UTM students with the dubious privilege of car ownership will need to become accustomed to more than just the usual parking fees once UTM's revamped new road system sees its first widespread use by commuters. Modifications to the campus' internal roads were completed in late August, in parallel with a widening of Mississauga road between Dundas and Burnhamthorpe, at a total cost of \$ 1.5 million.

UTM has added an entirely new

third entrance, located at the intersection of Mississauga road and the Collegeway, which essentially extends the latter directly into the campus. The extended road is expected to become the main entrance for commuters approaching from the south.

The former main, currently "middle" entrance has been downgraded to a secondary entrance, with one entry road completely closed off. The remaining area has been widened

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photo/Denise Gibson

Construction equipment is a common sight on the rapidly growing campus.

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QUOTE OF THE WEEK

"If someone killed a member of my family, and if I thought the cops weren't going to work, I find a way to kill them."

- Batman artist Neal Adams

MONDAY MOVIE MADNESS

THIS MONDAY
SEPT. 12TH
12-2: Mr & Mrs Smith
2-4: Robots
4-6: Mr & Mrs Smith

THE DETAILS
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QUESTIONS? COMMENTS? REQUESTS?
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NEXT MONDAY
SEPT. 26TH
12-2: Madagascar
2-4: House of Wax
4-6: Madagascar



UTM holds topping-up ceremony for new campus library

BY DANIEL FILIPE MARTINS

The Hazel McCallion Academic Learning Centre moved one step closer to becoming a reality with last week's "topping off" ceremony. The ceremony, which honoured the "final pour" of concrete into the building's framework, signified the last stage of construction to erect the building's concrete superstructure. With the remainder of construction set for steady completion over the next few months, UTM is expected to take possession of the new building in the summer of 2006.

The "topping off" ceremony took place in the CCIT building, rather than outside at the actual library construction site, due to fears of poor weather following the aftermath of Hurricane Katrina.

Since construction began last winter, the structure has had a total of twelve pours of concrete. Chief

Administrative Officer Ray deSouza praised the construction workers, who laboured on the building over the past year in often difficult weather. "Conditions for construction were not ideal," deSouza said. "We had a hot summer and a difficult winter. However, it was well done, and it's now possible to open in a year's time."

"The topping off is a milestone in the life of a new building," Principal Ian Orchard said after the ceremony. "It goes to show that the building will definitely come to fruition. The [new library] will offer a wonderful resource to students."

Ontario's "SuperBuild" program, a government project that assigns funds for the construction of large infrastructure programs within the province, has already covered \$26 million of the facility's projected \$34 million cost.

The remaining \$8 million was drawn from revenues arising from

increased enrolment as well as some \$214 000 contributed by students through ECSU's Student Library Enhancement Fund. Chief Librarian Mary Ann Mavrinac stressed that no new student levy had been applied to fund the new library, and additionally, that construction had not begun until student enrolment increased and all government funds had arrived.

Mavrinac said the increased enrolment following the entry of the "double cohort" into Ontario's post-secondary institutions proved a prime factor in the push for a new building. "The present location had been deemed inadequate by 2002," Mavrinac explained. "But the enrolment growth was the catalyst. We couldn't have had [the new library] without it."

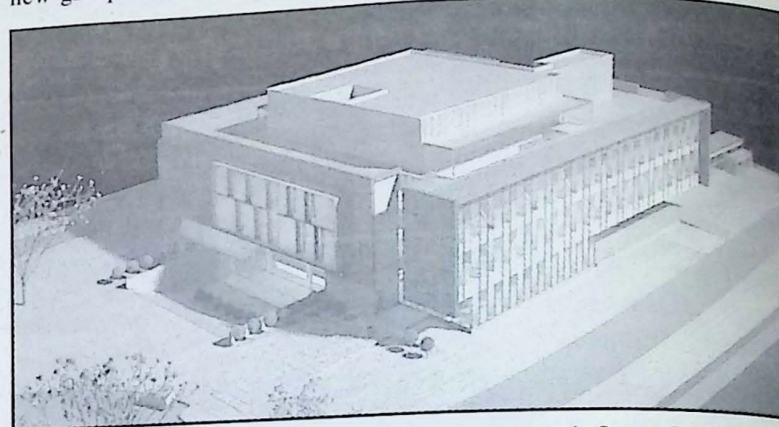
In 2004-2005, the library received some 12 million visits while servicing as many as 8000 students a day. "The old library was absolutely used," Mavrinac said. "People were crawling

over each other. We wanted to create a new kind of library experience which emphasizes people space over collection space."

The new facility is expected to feature an 80% growth in study space, full digital and wireless capabilities, and mobile, high-density shelving to house UTM's 341 000 books and 19 new group study areas. It will also

house an expanded Academic Skills Centre. The fate of the library's present location has not yet been decided for certain, although Mavrinac raised the possibility that it would be allocated towards an expanded student services plaza.

The Hazel McCallion Academic Learning Centre is expected to open for student use by September 2006.



The \$34 million HMAC is expected to open to students in September 2006.



photo/Ralph Krystosik

A medium-sized rock thrown through the glass of the Student Centre's side entrance last Wednesday by persons unknown left a jagged hole. The glass was replaced in a matter of hours. Campus police are investigating.

Write news for the Medium!

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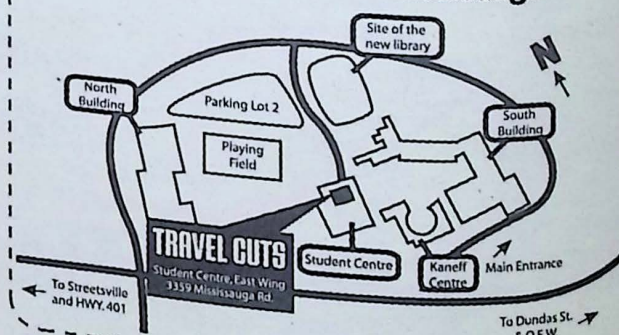
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New ECSU elections scheduled for October

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previous years, and had otherwise been on ECSU's outskirts for quite some time.

Lecki took office almost immediately after his hiring, and has stated that he plans to run in October's by-election rather than remain a temporary replacement. Lecki is eager to work with ECSU in the coming year and stands confident that he will greatly benefit the ECSU team. "I enjoy working with Ryan," Lecki said. "One of the reasons I took this job is because of his great leadership."

The position of Student Services Coordinator will also be available for election in October. Warren Wai was elected to the post

in last March's election, but resigned to be hired separately as Orientation Coordinator. Wai says that his chief concern was Frosh Week, and that the Orientation post would enable him to better manage the event. "I wanted to do Frosh Week, and thought I could do that as Student Services Coordinator. Then they created a separate position."

The Student Services position will remain vacant until October's by-election. The major task faced by a Student Services Coordinator during the summer and early September covers the preparation and running of Frosh Week, which is already a part of Wai's responsibility as Orientation Coordinator.

Erindale's international students to get own centre closer to home

BY DANIEL FILIPE MARTINS

UTM's international students will have an easier time adjusting to living and studying in Canada this year with the opening of a new International Student Resource Centre (ISRC). The new centre, the first of its kind at Erindale, will supply much of the same resources available at the considerably larger-but less accessible-International Student Centre at the downtown St. George campus.

The centre will be temporarily located in the glass booth overlooking the Meeting Place (SB 3121) until a larger office can be arranged. It will operate from 10 am to 5 pm on weekdays and will be staffed on a volunteer basis. Jane Ngobia, the coordinator of the new centre and the operating officer responsible for Diversity, Equity and Leadership at the Office of Student Affairs and Services, says that although the initial location is less than ideal for the new centre, the "small room is only a temporary measure, as everything is in transition. But for now, it is visible and accessible."

Ngobia says that the purpose of the new centre is to enhance the services offered by the St. George ISC rather than replace them. "The point is to bring St. George services closer to the students," Ngobia explains. "In the past, [international students] went to St. George for events and information. Now, we get St. George to come here."

Ngobia saw the role of the ISRC as a "place of referral" and information source; a necessity, perhaps, given the extremely limited space it will occupy. The centre will be stocked with a number of brochures and pamphlets, and its sixteen Canadian and international volunteers will be trained to be sensitive to the special needs of international students struggling to integrate into a

new system. They will also receive some diversity sensitivity training.

Aside from merely providing information, the ISRC will also coordinate with other student services and organizations on campus to set up events that address specific issues encountered by international students as the year passes. The centre will be instrumental in planning and executing an extended orientation session for international students on the 17th of September.

There are also plans to offer workshops on issues such as healthcare, campus safety, employment, and taxes. Such workshops would be organised in conjunction with the appropriate departments on campus, such as Health Services for healthcare and the Career Centre for job search and employment. In addition, the centre will organize several campus social events and facilitate access to downtown social events and excursions.

Finally, Ngobia hopes to institute a "buddy" system whereby newly arrived students in Canada can seek advice and guidance from more experienced international students through the centre.

Local students interested in studying abroad will also find the ISRC a useful resource. The centre will organize information sessions for Canadians interested in U of T's Summer Abroad Program, again in coordination with representatives from its downtown counterpart. In the past, such sessions were organised directly from the St. George facility.

For more information, visit www.utm.utoronto.ca/international, or send an e-mail to isc@utm.utoronto.ca

UTM boasts some 500 international students drawn from 65 countries who identify themselves as international students, including some 150 first years.

UTM bigwigs make last pour



Photo/Daniel Martins

U of T Vice-Principal and Erindale President Ian Orchard, Chief Librarian Mary Ann Mavrinac and Chief Administrative Officer Ray deSouza spread the ceremonial last pour of concrete at the "topping off ceremony" held in the CCIT building last week.

Quick, what have you had to drink in the last 30 days?

The first 17-54 days are the most critical to a baby's development. Alcohol, drugs, tobacco – they all affect your baby's health. And even though you may not be planning on having kids now, you never know. After all, 50% of pregnancies are unplanned. Be prepared for surprises. Take folic acid, eat right and exercise. For more information call Health Line Peel at 905-799-7700 or visit peelregion.ca

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WHY VISIT THE CAREER CENTRE THIS WEEK?

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- ON-CAMPUS JOBS:** Check out over 100 on-campus jobs, available through the Ontario Work-Study Program.
- GE DAY FOR STUDENTS:** Learn about careers with GE and network with hiring managers. Sign up by Sept. 9.
- GRADUATING IN 2006?** On-campus recruitment starts September 6. Don't miss your chance to participate!
- RESUME CRITIQUES:** Get feedback on your resume or cover letter. Sign up using our new online scheduler.
- REGISTER ONLINE:** Get access to on- and off-campus part-time opportunities via our online job database.

Room SE3094 www.utm.utoronto.ca/careers



UTM to get \$ 500,000 in donations

Continued from page 1

First year students will not be the only ones to benefit. The provincial government is also funding a new Ontario Access Grant, which will provide lower-income sophomores across the province with endowments of up to \$ 3000.

Closer to home, three new gifts for the advancement of UTM students and facilities were announced last Wednesday at Lislehurst, the official residence of U of T's Vice President and UTM Principal Ian Orchard. The event was attended by Her Worship Hazel McCallion, mayor of Mississauga, and local Mississauga dignitaries.

GE Canada will donate \$ 300 000 to UTM, to be contributed to UTM's new Academic Skills Centre, in honour of former GE Canada CEO Bob Gillespie's 50 years of service to the company. In response, Principal Orchard announced on Wednesday that the ASC will be renamed in honour of Gillespie once it has moved to the new library, which will open by September 2006.

Bob Gillespie himself, along with his wife Irene, will also give a

personal gift of \$ 100 000 to the new ASC. Both Gillespie's donation and that of GE Canada will be allocated towards building and maintaining the ASC.

A final personal gift of \$ 100 000 was donated by Gary Mooney of Fidelity National Financial Canada and his wife, Brenda. Their donation is set to fund a scholarship for students that demonstrate financial need and who will need to make regular and comprehensive use of the Academic Skills Centre.

At the announcement ceremony, Mooney highlighted the apparent growth of learning disabilities among Canadian students and lamented the effects of overlooking such cases as Attention Deficit Disorder and Dyslexia. Expressing the hope that his and his wife's gift would be one of several, Mooney praised the Academic Skills Centre and said that he was "giving back to those who have given so much to us."

Gillespie himself explained that he was consulted by the current GE leadership when it came time for gift direction. "There were many deserving organizations," he said. "But when we thought about our

experiences in education, we agreed that the educational process for us had not been a particularly enjoyable experience."

Gillespie went on to say that "The opportunity for learning can be a profound, enriching experience, or a very difficult ordeal." With this in mind, Gillespie decided to direct his own gift toward that part of the university dedicated to aid those who require academic assistance.

Mayor McCallion, recently elevated to the Order of Canada, praised the donors for their generosity, and stressed the need for a comprehensive, enriching academic experience. "The future will depend on our young people being prepared to face the challenges of today," she said. "The university will produce people who go out and participate not only in Canada, but in the world as well. Canada must give them the opportunity to excel."

McCallion also expressed the hope that more people would come forward with donations. "You are giving young people a reason to excel," she said. "We need more people to come forward and leave a lasting legacy."

Roads improve safety

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to include three lanes, and is set for continued use by Mississauga Transit buses.

Within the campus, the existing road network has been improved with the addition of four new crosswalks, complete with warning lights, at locations often frequented by pedestrians on their way from the campus' parking lots. Signage, road markings and lighting have also been improved, and multiple new emergency phones have been installed along the length of the Collegeway extension. The Collegeway will also boast a parallel bicycle and pedestrian route.

The construction work had been much in demand by the UTM administration for some time, especially in light of the often chaotic traffic situation wrought by the drastic and recent increase in university enrolment. The opening of the new CCIT building has also altered the traffic flow on campus, causing new traffic problems over and above those already posed by the increased enrolment.

The ongoing traffic problem remains a challenge because the UTM campus is bordered on three sides by forest, which limits the options for the construction or expansion of lots.

"The university had plans to extend the Collegeway into the campus for awhile," says UTM's Chief Administrative Officer, Ray deSouza. "But due to lack of funding at that time, the plan was shelved until the City of Mississauga decided to upgrade Mississauga road between Burnhamthorpe and Dundas. That upgrade coincided with our increased intake of undergraduate students."

deSouza said that numerous consultations were made before the actual construction began. "Everything that's happened was discussed at the parking and transportation committee [at UTM], as well as with the engineers at City Hall, and with Mississauga Transit and Mississauga Emergency Services," he explains. Mississauga Transit's approval was sought in order to enable continued bus access to the campus.

Campus police coordinator Len Paris welcomed the improved safety measures added to the campus' road network, but stressed that it remained the responsibility of students to prevent accidents. "We need more people to become aware of safety issues on campus," Paris urges. "We need...people to realize that the speed limit is 30, not 60, and that there's a lot of people crossing the road."

Question of the week

"How will you slack off in first year?"

Andrew Kwon, 1st year commerce student



"I'm going to study, read textbooks, review and help friends."

"I'm not going to slack off."



Goran Miletic, 1st year management student

Dana Thompson, 1st year forensics and anthropology



"The first week I'm going to try and find my first class and try and make friends"

"I don't think I'm going to slack off. I don't have a choice, I'm expected to do well."



Noora Albashir, first year commerce student

photos/Denise Gibson

'Twas the eve before Frosh Week...



photo/Denise Gibson

...And all along the grasses, the frosh leaders chilled out, sitting back on their asses- Awaiting their chance to get up and dance.

Bonjour et Bienvenue! I'm Dan, and I'll be your news editor this year instead of going to grad school. My door and my inbox are always open to aspiring amateur journalists, so if you're interested in getting some great writing experience (and giving me more spare time), come and write for the best student produced paper at UTM. Email me- news@mediumonline.ca

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FEATURES

- Welcome -

Hey UTM!

Welcome to the Features section, where anything goes!

My name is Lorna Sloukji and I'm currently in my 4th year in UTM finishing up a double major in English and Professional Writing. This is my favourite section because of its diverse nature. This year, Features will continue to showcase UTM's creative side with short stories and poetry but will also focus on health issues, love/relationship advice, fashion, rants, expressive photography, interviews and basically anything else that doesn't belong in the other sections!

Here's your chance to bulk up that resume, gain valuable journalistic experience and improve your writing skills. Open your mind and let the words pour out.

"Writing is a socially acceptable form of schizophrenia." ~ E.L. Doctorow

Wishing you all a fabulous year!

Lorna Sloukji

features@mediumonline.ca

Frosh Advice 101

We asked some fourth-year university students on campus for tips to give to newbie froshies. This is what they came up with:

"Nothing sucks more than not getting into pub because you are already drunk. If you are going to pre-drink (which I suggest based upon the lack of bartenders and non-student friendly prices), then don't drink in line and pop a mint/gum when getting carded."

Marco Iafolla
4th year, University of Toronto

"Keep an open mind and be flexible with your education, things won't always turn out as planned. Remember higher education isn't just about getting marks, a degree, or career training, it's about expanding your mind and character. Take what you can personally out of your education."

Monica Black
4th year, University of Toronto

"If you need help, ask for it. Professors are really not out to get you and will be more than helpful if you go to them. Take advantage of all that the school offers, including the clubs and services. Joining a club is a great way to meet people and really make friends. The friendships you make in university last."

Liselle Durham
4th year, University of Toronto

"Don't worry if you feel like your marks have dropped by 20%. It's normal and there is no reason to get upset about it. If you are willing to put some extra effort in the marks will show your hard work. Don't give up too early."

Jessica Kaknevious
4th year, University of Toronto

"Buy your books used. Get involved. Don't bring your debit/credit card to the bar."

Stephanie Bianco
4th year, University of Western Ontario

"Don't underestimate anything! You think you're cruising in September because all you have to do is read... and then BAM! You've got assignments and tests coming at you from all directions. When they give you due dates on your first day of school, it's for a pretty good reason."

Alessandra Apilan
4th Year, University of Toronto

"Go to your prof's office hours and get to know them one-on-one. It'll make a huge difference in your education. Make sure to buy your pub tickets early so you're not stuck in line with drunk people like Marco."

Sean Fitzgerald
4th year, University of Toronto

"When it comes down to grades or partying, choose the one that you think will bring you a lifetime of happiness. Party? Go to college."

Julie Tyios
4th year, University of Toronto

Attention All UTM Students!

HERE'S YOUR CHANCE TO SHINE! STARTING IN OCTOBER, WE WILL BE FEATURING ONE STUDENT OF THE MONTH EVERY MONTH UNTIL APRIL!

IF YOU OR SOMEONE YOU KNOW IS INVOLVED WITHIN THE SCHOOL COMMUNITY AND DESERVES RECOGNITION, PLEASE WRITE A 250-300 WORD ESSAY ON WHY YOU THINK THIS PERSON SHOULD BE VOTED AS STUDENT OF THE MONTH.

PLEASE INCLUDE THE STUDENT'S NAME, PHONE NUMBER, E-MAIL ADDRESS, YEAR, PROGRAM, CLUB ACTIVITIES AND VOLUNTEER WORK WITHIN THE SCHOOL COMMUNITY.

SEND THE ESSAY TO FEATURES@MEDIUMONLINE.CA UNDER THE SUBJECT HEADING "STUDENT OF THE MONTH." IF YOU OR YOUR FRIEND HAS BEEN CHOSEN, YOU WILL BE CONTACTED FOR AN INTERVIEW.

Deadline: Monday September 26th 2005

10 Residence Myths Uncovered

Myth 1: There's a long waiting list to get in.

Colleges and universities prepared for the double cohort by building and/or obtaining new residences. As a general rule, first-year students with a letter of acceptance have automatic acceptance into a residence. "It may not be the residence of your choice, but you're guaranteed a room," says Jana Luker, dean of students for the University of Toronto.

However, each school differs. For instance, the University of Waterloo did have a 600-person waiting list. At the University of Western Ontario, first-year students were guaranteed a room, but they could only provide upper-year students with rooms if they had a scholarship or were chosen. "They are allowed to stay in residence as long as they maintain that scholarship," says Susan Grindrod, associate vice president of housing and ancillary services at UWO. There's also a lottery, or students can remain in residence if they volunteer in orientation week.

Myth 2: There won't be any compensation if there isn't any space available.

Wilfred Laurier in Waterloo had about 100 students waiting to get into residence, but they offered first-year students incentives not to accept a spot in residence, such as a computer, food credit on a Laurier meal card and credit to use in the school's bookstore.

Other schools, such as McMaster University in Hamilton, have incentives for those students they can't accommodate. For students who live in Hamilton and the surrounding area, McMaster offered a \$1,000 credit on books and tuition if they withdrew from residence.

To find out what this means for your student specifically, take a look at specific college or university Web pages for details.

Myth 3: It's easy to get kicked out of residence.

Students who endanger the safety of others or themselves, steal, use drugs or anything else blatantly disruptive will get tickets out of residence.

But it's never a surprise, says Grindrod: "We have a progressive

system-you first get a letter of warning on probation. So unless you pull the fire alarm, you can make a mistake and recover."

Myth 4: There's no opportunity for work.

Taking on the added responsibility of becoming a don or resident advisor isn't an option until second year. After all, it takes time to learn the ropes. At Western, dons get two weeks of training. Dons are paid with free meals and residence. Residence advisors report to the don and receive about half the compensation. There is front desk staff and live-in residence managers. For the most part, residences are run by students.

Myth 5: Frosh week is from hell.

When you think of frosh week, do you envision panty raids, all-night drinking binges and beer funnels? Scratch that image from your mind. Western became the first university in Ontario to go "dry" (alcohol-free) during orientation about three years ago. "It's in anticipation of the younger student-we're more focused on faculties and giving students what they need to feel comfortable in their new environment," Grindrod says. "There are tours, and the focus is more about learning than partying."

Grindrod adds that with the cost of education higher than it ever has been, students want to learn about all of their available resources and are more serious about their college/university experience than past generations have been.

Myth 6: All residences are segregated by gender.

Most college/university residences have or are switching to co-education buildings and floors.

At Western, most residence halls changed over about 10 years ago. You'll be happy: Students tend to not date people they live with. They consider them more like brothers or sisters, Luker says. Although some colleges/universities have a few same-sex residences remaining, it seems for the most part that co-ed is the way of the future. Luker is aware that co-ed washrooms may unnerve some parents, but she assures, "it doesn't lead to rampant promiscu-

ity."

If students want to have an overnight guest of any gender, they must have permission from their roommates. But they don't need a note from home.

Myth 7: My kid's stuck if she doesn't like her roommate.

When there's trouble brewing between roommates, there's always help. "Nine times out of 10, if the roommates sit down and talk with the don, things work out," says Elizabeth Leal, director of residence life at Queen's University in Kingston, Ontario. Most times, students can work out their differences and get back to studying.

Myth 8: Under no circumstances can students leave residence before the end of the school year.

Leal explains that the residence contract is a legally binding contract between the student and the school. However, if the student leaves classes early or has medical reasons, exceptions are made. Students can often move out of residence without financial penalty if they can find another student to take their place.

Myth 9: The college or university can tell me how my kid's doing.

"Some parents are surprised that we don't lock the doors, and we don't know where their son or daughter is," says Luker. She explains that although parents may foot the tuition bill, the residence contract is signed with the student. Parental questioning is well-intentioned, she says, but by law she can't reveal anything to parents.

Myth 10: Eating in the cafeteria means mystery meat galore.

"To boomer parents who went to school 30 years ago, 'cafeteria' had a whole different meaning than it does now," says Grindrod. At Western, as well as many other larger institutions, salad bars, sandwich bars and options for vegetarians are the mainstay. "There are lots more choices than you would have had years ago," she says.

Source: www.collegeanduniversity.net

Superman on the net: Hi-tech update for the classic comic hero

"In A Single Bound," the First and Only Documentary on the History of Superman Premieres on the Internet

BY TOM MALLOY

Passaic, New Jersey - August 20, 2005 - When Ross Marroso first told his NYU Film School Documentary class that he had an idea to do a documentary on the history of Superman, everyone in the classroom snickered. Marroso recalls, "Nothing about the history of Superman had ever been done before, and to them, and even myself, it seemed like too big a mountain to climb."

But Marroso decided to climb it anyway. His connection: an artist uncle, Greg Hildebrandt, the man who designed the first Star Wars poster, and

who also inked Superman: The Last God of Krypton for DC Comics. Through Greg and through persistence and determination, Ross traveled around the country and interviewed every major Superman artist, talked to comic book historians, and even met with Jack Larsen and Noel Neil of the original TV Show.

"For the life of me I'll never know for sure why all these talented, important and busy people took the time to, in their own way, bring 'In a Single Bound' to life, but I suspect it was for the love of it. It was for the love of Superman and the love of their craft," Marroso says with a smile.

The character of Superman was created by two guys who were recent high school graduates way back in 1934 named Jerry Siegel and Joe Shuster. "In a Single Bound" explores the

inception of Superman, Superman's explosion into comic books and into other media, and the court room battles that took place along the way.

Siegel and Shuster sold the rights to Superman for less than \$200, considered one of the top ten worst business decisions of all time. The Superman franchise grew to billions. Siegel and Shuster saw none of it, and ended up living poor for most of their lives. It was not until the release of 1978's Superman that Warner Brothers, in an amazing act of kindness, decided to give Siegel and Shuster credit for the creation of Superman and a pension from the movies, which eventually rose into six figures over the years. "They saw a little truth, a little justice, and a whole lot of the American way..." notes Michael Uslan, Producer of the Batman movies, who appears in

"In a Single Bound".

Instead of going the traditional DVD route, Ross decided to launch the 25 minute documentary on the internet. "That's where the Superman and comic book fans live... I should know... I'm one of them," states Marroso. The site, www.supermandoc.com, offers the film to be screened for one day for only \$1.50 to any and all visitors, a price that barely covers the bandwidth costs for Marroso. He adds, "I'm not looking to get rich off of this. I'm a true fan and I'm looking to share this great story with all the other fans." Visitors may also purchase the DVD for \$9.95.

Neil A.Cole, the owner of Supermansupersite.com, a Superman fan site that has been around for seven years, expressed what many fans are thinking: "Words cannot begin to

describe how outstanding this documentary is. To hear the many different stories in regards to the Man of Steel and the genre in general from the mouths of those who have lived to tell the tales was an honor. It's about time someone took the initiative to film a TRUE documentary on one of the most inspirational icons in American and world culture."

The site officially launched mid August, and has already seen thousands of hits. In September, Marroso will also appear on G4 TV's "Attack of the Show" to promote the documentary and discuss the future of Superman. To request more information or to speak with Ross Marroso, please contact Tom Malloy at (917)532.3957 or tmalley@blast.net. You can also visit www.supermandoc.com to view the video.

Health and Fitness Corner

Recipes of the Week

Low-Fat Salmon Burgers

1 can pink salmon (in water)
1/2 cup Low fat cracker crumbs
2 egg beaters
Non fat cooking spray
Flake salmon with a fork. Whip egg beaters & add to salmon. Stir in cracker crumbs & mix well. Form into patties. Spray a non stick skillet with cooking spray. Place patties into prepared skillet. Brown on each side (turn only one time).

Black Bean Burgers

1 15-ounce can black beans, drained
1/4 cup diced and sautéed onions
2 slices multigrain bread, finely crumbled
1/2 teaspoon each of garlic powder, black pepper, and onion powder (optional)
1/4 teaspoon salt (optional)
1/2 cup cracker crumbs
In a large bowl, mash the drained black beans. Add the sautéed onions, crumbled bread, and spices. Mix thoroughly. Add about 1/4 cup of cracker crumbs (or just enough to be able to form patties from the mixture). Using your hands, form the mixture into 1/2-inch thick patties. For a breaded burger, gently coat each patty with more cracker crumbs.
Using non-fat cooking spray, fry both sides of the patties.

Water: You *thought* it was good for you...

BY MARCO IAFOLLA

As any health enthusiast can testify, there is a constant need for water during strenuous exercise. This ideology has long been supported by coaches, personal trainers and doctors to avoid the effects of dehydration-which brings symptoms of dizziness, fainting, and in extreme cases, can result in brain damage or death.

Such beliefs are currently under investigation. The autopsy of a 28-year-old woman, who died three years ago while running the Boston Marathon, revealed that her death had been caused by too much water. When a body has too much water, excessive water consumption dilutes the blood's normal salt concentration and produces the condition hyponatremia. Under hyponatremia, the body compensates for the extra water in the blood by absorbing it into cells. Unfortunately, brain cells are subject to this sort of

swelling; which produces increasing pressure in the skull and could lead to permanent brain damage. In some cases, swelling also leads to death.

A study in last April's New England Journal of Medicine has revealed that an alarming number of runners are at risk of such danger: of 488 runners from the 2002 Boston Marathon, 13% showed clear signs of hyponatremia, while three were at the danger level.

To avoid consuming excessive water during exercise, weigh yourself before and after the work-out: if your weight has increased, you are drinking more than you are sweating. For those who wish to entirely prevent hyponatremia, replace your water with a sport's drink, like Gatorade or Powerade. The moderate salt level in these drinks will ensure proper blood-salt concentration.

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Creative Corner

Delicate Whites A Short Story

BY AMANPREET DHAMI

The phone rings in the kitchen as I fix myself a late lunch. I recognize the long distance ring... it must be Rob. Excited, I press the talk button on the grey cordless phone.

"Heyyyy!"

"Hey baby, what you doin'?"

"Just making some food to eat," I answer, concentrating on cutting the lettuce and tomatoes for my specialty fried egg sandwich. I'm eager to continue the phone call.

"Are you okay? You sound upset." Rob says with a hint of concern.

"Yah I'm okay hun, just hungry and tired because I couldn't sleep last night."

"You feeling better today after we talked last night?"

"Yeah. I fell asleep right after I talked to you. I think around 2:30 am."

"Good. Okay, I have a girl question for you about laundry," he says smartly.

"Okay what is it?" I reply sharply, pulling open the dishwasher to load in the dirty butter knife.

"Hehehe, what's wrong?" Rob says, teasing me.

"I'm trying not to have a reaction to the fact that you said a laundry question is a girl ques-

tion," I snap back, trying to act mad but defeated by laughter. I haven't seen Rob in almost three weeks, since my sister's wedding. He's been busy with midterms and assignments at Waterloo and I haven't had the chance to stay the weekend with him at school. Family commitments. Bickering like this is our way of gaining each other's attention, while playfully letting out the frustration of not spending our summer together.

"Okay, so I have to wash my delicate whites and I don't want the colours to run. So what do I do?"

"How do they have colour if they're white?" I say as I scrunch my face.

"See, one's my white West Coast shirt, the other is my Umbro shirt with the green and orange stripes down the arm... and I also have to wash my Roots baseball tee. So I was just gonna throw them in the washer on the cold gentle cycle and then hang them to dry. Is that cool?"

"Um... I don't think that's a good idea. The colour on your Umbro shirt might run. Instead, I would hand wash them in a bucket of cold water and detergent. Especially your Roots shirt."

"What?" Rob exclaims. "Yo, I don't want to hand wash them. That's gonna take so long. I'm just gonna put them in the washer."

"Well do what you want. But didn't you ruin the Roots baseball tee last time you washed it? Now it has this weird tinge to it..."

"Actually, it was fine." He retorts. "I was just freaking out when I told you because I thought I messed it up."

I am unconvinced.

"Fine! Just put it in the washing machine," I sigh as I walk with my fried egg sandwich to the family room couch.

"But I'm just saying..." Rob protests at my annoyance,

I cut him off as I chew my sandwich. "Sweetie, if you think it will be fine just wash the clothes in the machine. I just wouldn't wash my own shirt like that. Why are you even asking me if you're just going to continue doing what you wanted to do in the first place?"

"Because I need your assurance," he purrs like a kitten.

I smile at his vulnerability and I soften up.

"Why are you getting mad?" Rob says.

"Babe, I'm not mad. I'm just giving you my opinion and now, just because it's different, you want me to agree with you because you don't want to hand wash the stuff." I finish breathless.

"I'm gonna so tickle you 'till you pee your pants this weekend," he taunts, deflecting the confrontation. Rob always threatens to tickle me when we

argue on the phone. Our long distance relationship thrives on phone conversations during Waterloo midterm time, so we try to avoid hanging up the phone if we feel angry or hurt.

"Noooo!" I squeal in protest laughing at the thought. Already I can't wait to kiss him.

"I'm gonna go wash my clothes now," Rob adds, a bit gloomy.

"OK. Call me back later, babe?" I say, hoping he's not upset.

"Okay. Bye angel."

"Bye."

Click. I hang the phone and grin at our conversation. Only after dating four and a half years could we spend almost ten minutes on a long distance phone call talking about "delicate whites." I think about what to wear when I see Rob on Thursday night. I picture his smile when he picks me up; and his grabbing me in his warm arms; rubbing my back with his hands at the front door. I can almost feel his soft lips against mine, sneaking in a luxurious kiss before my dad walks to the front to greet him. I picture us driving away in his old grey Lincoln with my head on his shoulder and his hand on my left leg.

A tomato falls out of my sandwich, onto my plate, and just misses the coffee table. I smile longingly at my thoughts. The weekend seems distant.

Butterfly Lady

BY LORNA SLOUKJI

*A slinky black dress
Drapes her small body.
Glittery slippers
Cover her dainty feet.*

*She dances
And smiles
For all to see.*

*But tucked under
Crimson sheets
She weeps
For me to hear.*



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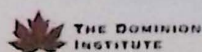
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ARTS & ENTERTAINMENT

Pop-Punks becoming *Emerging* artists

The Knockouts prepare to take their music to the next step

BY SEAN FITZGERALD

Melodic ska punks **The Knockouts** are ready to kick it up a notch. With a new album in the works, an award ceremony in the coming month, and dozens of shows under their studded belts, the Mississauga band plans to expand their fan base and gain recognition.

"People don't take our band very seriously right now," says Anthony Carone, the band's vocalist, keyboardist, and rhythm guitarist.

"But we're serious about what we're doing here," adds Justin Zoltek. Zoltek shares vocal and guitar duties with Carone. "We're not a high school band."

The Knockouts play better-than-average pop-punk. Their catchy vocal harmonies bounce over distorted guitars, offbeat drum hits, and playful horns. The singers' dueling melodies channel the best of **Less Than Jake** and **Blink 182**. I recently chatted with Carone, Zoltek, and trombone player Emily Ferrell.

The band formed in January 2005. After years of experience playing in other punk bands, the members of the Knockouts crave mainstream success. They want to make a living as musicians.

"Other bands learn how to play their instruments together," says Zoltek. "With our band, everyone came in and knew what they were doing." Before forming the Knockouts, Carone played in **No Sense** while Zoltek played in **Final Notice**. Carone and Zoltek knew each other from Loyola Secondary School. They would meet up and write songs together, even though they played in different bands. Eventually, Zoltek joined **No Sense**, but the group disbanded soon after.

"We annihilated members, one by one," Zoltek jokes.

"Since I was the remaining original member, we had to change the name," Carone says. "We came up with **Ruby Sneakers**, and that seemed to represent kicking out band members. Justin's girlfriend was like, 'that idea's so stupid. Why don't you just call yourselves

the Knockouts then?' And it fit. It has nothing to do with boxing."

I tuck away my questions about Muhammad Ali and Mike Tyson's Punch-Out.

The band is finally content with their six person membership. "Things are cool now," says Carone. "With band members, you're looking for compatible personalities. It's harder to make a band work than make a relationship work."

"Except you can break up through email," Zoltek quips.

The band added Thomas Dallen on bass, Ferrell on trombone, Dana Gray on sax, and Jeremy Kleynhans on drums. "I met Jeremy in the Humber College Jazz program, and that guy's a machine," says Carone, a jazz piano student at Humber College. "I think he programs himself before every show."

"It's gonna sound good... We recorded the last two demos in basements."

-Justin Zoltek

Carone's Humber training helps him arrange horn parts and allows him to play with a variety of musicians.

"Playing with many different people helps when you come back to your band, your setting. It's like candy, you know? This is your thing, this is play time." As a pianist, Carone won the Oscar Peterson Award in 2003 for Most Promising Jazz Musician.

This year, the Knockouts grabbed a nomination from the Mississauga Arts Council for an Emerging Performing Arts Award. The award presentation occurs on October 19th at the Living Arts Centre. **Billy Talent** won the award last year. The Knockouts play a Mississauga Arts Awards showcase at UTM in mid-October.

The band is also recording a full-length album with Kevin "Woody" Woodburn at Mississauga's Metalworks studio. They plan for a late fall release.

"It's gonna sound good," Zoltek says. "We recorded the last two demos in basements." The album includes a mix of old and new songs. "We're taking a lot of time on it. We've got to be completely happy with everything."

The band emphasizes their versatility. "The album incorporates Pop, Punk, Ska, Metal, and some Latin elements," Zoltek says.

"A lot of the screamo bands in



photo/Nick Barfoot

Anthony Carone (left) and Justin Zoltek harmonize at the Cathedral in Toronto.

the GTA sound similar, so when we play, it's something different," Carone adds.

What else sets them apart from GTA pop-punk bands?

"The female presence," says Ferrell. She laughs. "The estrogen."

"I was reading this article in *Time* about unhappiness... Musicians are very emotional people, and that comes out in the art. The article was saying how it's musicians' jobs to be the unhappy ones in the world. I agree. When you write sad songs, people can relate."

-Anthony Carone

"We're one of the only bands with horns in the area," says Zoltek. "Also, we structure our songs to make them accessible." The band welcomes radio play and casts aside the attitude held by many punk purists.

"We go out of our way to make catchy songs that people want to sing along to," says Carone. The band hopes to transcend the local scene before they hit their thirties. Or sooner.

"One of our early names was actually **The Sell-Outs**," says Zoltek. "We're like, 'if we're gonna sell-out, we might as well get it out of the way.'"

Zoltek discusses the problems encountered by new bands: "We'd get terrible time slots. We'd start playing fifteen minutes before the show was actually supposed to start. A few times we showed up at the venue with our equipment and were told we were no longer on the bill."

Not everyone enjoys the band's radio-friendly sound. Zoltek leans forward when I ask about audience interaction. "Once we played with a bunch of hardcore punk bands.

Everybody there had spikes or leather jackets, and there we were with our poppy songs. A few minutes into our set, two girls at the front screamed 'I'm gonna kill you!' They slid their fingers under their chins as if they were going to slash my throat. I waved to them

ple can relate to on a personal level. Even in your happy songs, there's still emotion, and you're still writing about something you care about."

The band spent the summer playing shows—at least two a week—and polishing their songs for



photo/Nick Barfoot

The band performs at the Masonic Lodge in Streetsville to the delight of fans.

and they started spitting at me. They did that the entire set."

The band posts tour dates, mp3s, and news updates on their website, www.theknockouts.ca. I ask Carone about the lyrics to "You're Gone" and the importance of sadness in a songwriter's life.

"I was reading this article in *Time* about unhappiness," Carone begins. "Musicians are very emotional people, and that comes out in the art. The article was saying how it's musicians' jobs to be the unhappy ones in the world. I agree. When you write sad songs, people can relate."

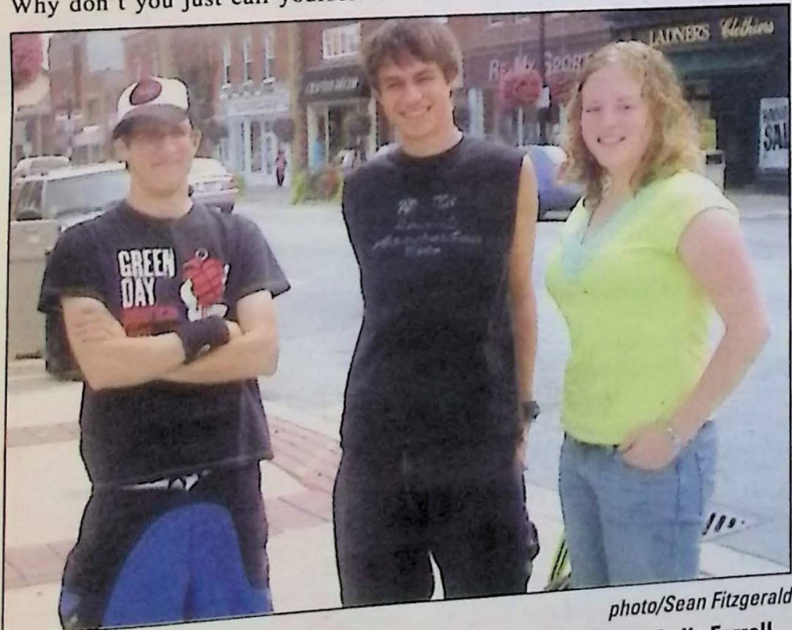
"Some bands pull off the political thing," he continues. "I find, living in Canada, there's little to talk about. Taxes? Gas prices? It's more about writing stuff that peo-

recording. They play their next show at the Shadow in Guelph on September 13th. They share the stage with the **Flatliners** and **The Know How**.

"Do I see music as work? Of course," says Carone. "If I didn't think of it as work, we'd just be a high school band." The band hopes their newfound maturity and refined songs will find them a record contract. To break up all the mature talk, I ask about the band's Rock Paper Scissors strategy.

Ferrell grins. "You wait a little bit for the other person to start moving. Then you can see their move before you go."

"No, no," Zoltek says. "That's cheating. I say, start with rock. And that's it. That's my strategy. Start with rock, and you'll win."



photo/Sean Fitzgerald

After the interview (left to right): Anthony Carone, Justin Zoltek, Emily Ferrell.

Comic Book Legends Flock to Toronto

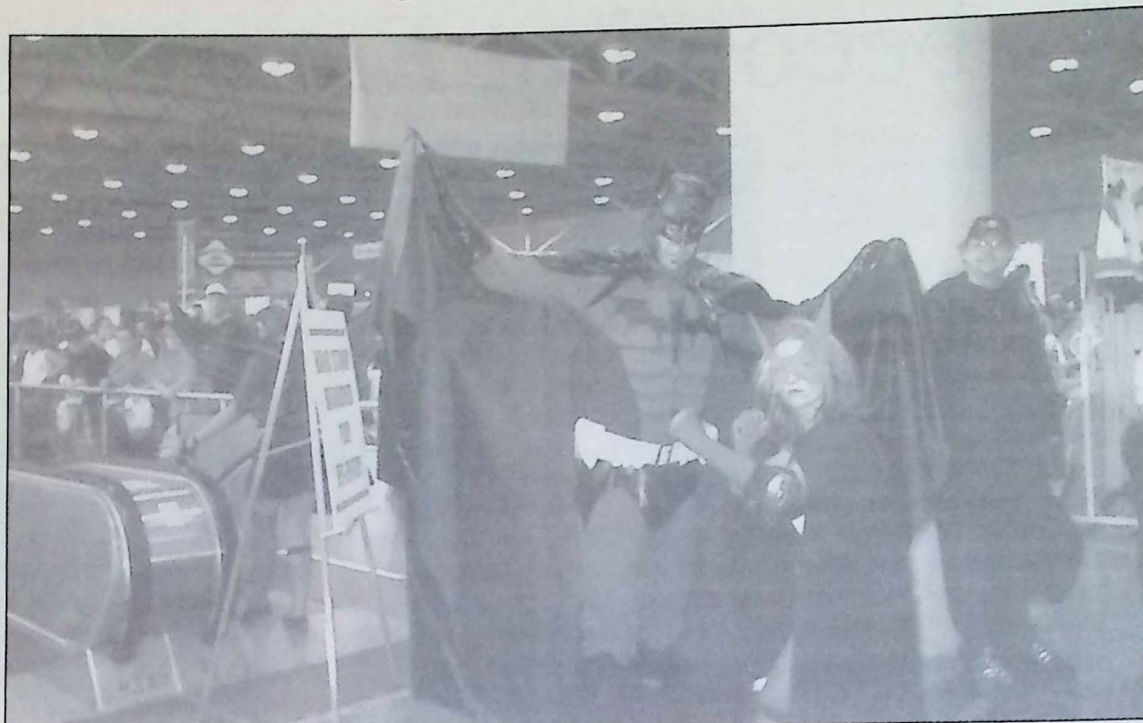
Annual Canadian National Expo sees Chewbacca, Linda Blair and Sailor Moon all under one roof

BY JASON MARSH LAROCHE

Every year, one event sweeps the last weekend of August at the Metro Toronto Convention Center. 2005's Canadian National Expo, a three-day event for celebrities, exhibitors, retailers and visitors, drew in fans for a full-day clash of titans. The event boasted reps of the big-name Spider-Man, Batman, and Superman variety, and treated the scene with a mix of modern-day players.

Science fiction fans were given the opportunity to meet and greet their favourite celebrities from the *Star Trek* franchise and *Battlestar Galactica*, while gore-enthusiasts met their favorite stars from horror classics and modern-day scary movies. Additionally, followers of Japanese Anime were given the chance to greet the creators and voices of their favorite English-dubbed heroes.

This year's Expo catered to a clientele of eager young fans armed with books and memorabilia to sign.



photo/Jason Marsh Larouche

Enthusiastic fans pose as Batman and Huntress at the Canadian National Expo.

Fans also designed their own costumes for the masquerade contest; some truly getting into the spirit of things and strutting their stuff as aspiring Anakin Skywalkers, Chewbaccas, and Batmans.

The Expo also had autograph sessions and photo opportunities with J. Michael Straczynski, better known as the creator of TV shows *Babylon 5* and *Jeremiah*. Straczynski currently writes Marvel's *The Amazing Spider-Man* and the *Fantastic Four*.

Ultimate Spider-Man, another Marvel property, was represented by Mark Bagley, the comic's head artist.

Representing small-screen sci-fi were Kevin Sorbo (*Gene Roddenberry's Andromeda*), Hercules: *The Legendary Journeys*, Marina Sirtis (*Star Trek: TNG*), and Erica Durance (Lois Lane on *Smallville*).

The man of steel's presence also extended to the film community,

with Margot Kidder in the house for autograph signing. Kidder played Lois Lane in the early Superman films. Other members from the film community included Linda Blair (*The Exorcist*), Clive Owens (*Willard*), and author/director Clive Barker (*Hellraiser* series).

Voice talents for popular Japanese Anime films and television shows also pleased fans with appearances. The talent included Kirby Morrow and Scott McNeill, voice actors for

Inuyasha and *Dragonball Z*, as well as the entire cast of the *Sailor Moon* television series.

Overall, 2005 proved a tremendous success with A-List stars in all fields. Personally, I cannot wait to see who shows up next year. To quote Stan Lee, "Nuff said."

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The Man Behind the Bat

BY JASON MARSH LAROCHE

At the Canadian National Expo, film buffs and comic fans were honoured by the presence of Neal Adams, Batman artist and co-creator of Batman foe Ra's Al Ghul. Adams signed copies of his collection of Batman works in a \$60 hardcover format.

Adams demonstrated professionalism from the get-go. His attentiveness never faltered, despite the ongoing flurry of book signing, and his sincere conversation showed his experience with one of comics' first and most complex heroes. In the 1970s, Adams and writer Dennis O'Neil took over *Batman's* creative duties.



photo/courtesy of nealadams.com

A sketch of Neal Adams from his website

ple were like 'Yeah, THAT'S Batman!'"

So who is Batman? Neal believes that Batman is not psychotic, but obsessive. He stresses the importance of Batman's motivation: "If someone killed a member of my family, and if I thought the cops weren't going to work, I'd find a way to kill them. I feel that's more of a compulsive-obsessive than Batman. Batman never tries to kill anybody. He tries to 'bring them to justice.'"

Adams also disagrees with the contemporary idea of Bruce Wayne/Batman experiencing an identity crisis. "The Batman persona is there to make the criminal think he's psychotic. If you're in a fight with somebody, and you want to frighten them, you make them think you're nuts. They're going to back away because they think you don't care. Batman is sort of like that. He knows, as a logical person, that if he comes off as a vengeful character, everybody's going to back away."

When asked his opinion of *Batman Begins*, Adams smiles before getting serious. "I thought it was very well done. Best scene: when Batman hoists a detective by his legs high above the alley to interrogate him. I didn't expect that."

Adams satisfies another fan with his signature. The \$60 tag no longer seems that steep.

"If someone killed a member of my family, and if I thought the cops weren't going to work, I'd find a way to kill them. I feel that's more of a compulsive-obsessive than Batman. Batman never tries to kill anybody. He tries to 'bring them to justice.'"

"My intention was to stop him from being that clown that we saw on TV," Adams says. "I mean, I knew what Batman was, kids knew what Batman was, and it wasn't that guy on TV. All I said was, 'That's fine for a comedy show on TV, but we're doing Batman comics, so why don't we forget all that crap and do Batman?' And so I did the Batman that I remembered. From my point of view, if you pick up the first five Batman comics, that's the guy I was doing."

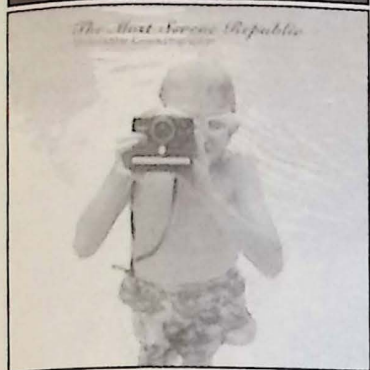
The public's positive reaction to Adams' work surprised him: "All I did was draw Batman the way he's supposed to be. Kids knew how Batman should be; the people up at D.C. Comics didn't. As soon as I did it, peo-

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The Most Serene Republic releases 'Serene' CD debut following successful year together

CD Review:
The Most Serene Republic
*Underwater
Cinematographer*



BY SEAN FITZGERALD

Adrian Jewett sounds like a wimp. The singer for Milton's greatest export, art pop band **The Most Serene Republic**, sings in such a weak voice that you want to slap him and shout, "hey...speak up!" But his is an infectious sort of wimpiness. Jewett becomes the endearing nerd from high school: people judge him, but he interests you so much with his knowledge of rare insects and Russian composers that he quickly becomes your best friend.

Wimpiness aside, this is the best album I've heard in the past two months. The theatrical sextet's debut album, *Underwater Cinematographer*, is quirky, ethe-

real, and one year old. Guitarist and keyboardist Ryan Lenssen wrote these songs in 2004 and released the album on Sunday League Records. The catchy melodies, eccentric titles, and airy atmospherics snagged the attention of Arts & Crafts, home to Canadian indie saviours **Broken Social Scene**. Arts & Crafts promptly signed The Most Serene Republic, making the band the only act on that label to not include a member of Broken Social Scene. Arts & Crafts re-released the album this summer.

The Most Serene Republic roused interest at June's North by Northeast and performed a solid set at Guelph's Hillside Festival. They went from picking apples at Chudleigh's Apple Farm in Milton to touring the states and headlining their own shows across Canada.

The album contains echoes of **Death Cab for Cutie**, the **Postal Service**, the **Weakerthans**, and **Broken Social Scene**. The band uses falsetto, beat-boxing, and tasteful electronic beats. Gang vocals explode unexpectedly, especially in the acoustic "Proposition 61," when the band shouts "she took a sad song and made it sadder." The "Prologue" feels cinematic, like something from **Thomas Newman's** *American Beauty* score. You can almost visualize the film's opening credits, secretive suburbs, and falling rose petals.

Jewett tackles romance issues on "The Protagonist Suddenly Realizes What He Must Do in the Middle of Downtown Traffic." Lenssen's keyboards evoke **Jon Brion's** soundtrack for *Eternal Sunshine of the Spotless Mind*. Electronic beeps flirt with harps and xylophones.

It's often difficult to hear what Jewett's singing about. In "Where Cedar Nouns and Adverbs Walk," the band erupts into an up tempo sing-along, belting out "I think we all know the words." Ironically, we don't. Speak up, Mr. Jewett.

The band creates ambiance with odd noises. People chat in the background on "Preposition 61," and "King of No One" ends with conversations, walkie-talkies, and cars driving by.

The band excels at changing feels and tempos in mid-song. The



photo/courtesy of kathryn at Flickr

The band at Mercury Lounge in August.

best track on the album, "Content Was Always My Favorite Colour",



photo/Sanjay Mohanta

Members of *The Most Serene Republic* played at the Brampton Indie Arts Festival in 2004

works like **The Beatles'** "Happiness is a Warm Gun." The band pastes three different songs together, and it flows seamlessly. It runs from a sweet acapella into a blossoming, straightforward acoustic guitar strum. Tempo-switching credit must be given to drummer Adam Nimmo, former drummer from Brampton's **Dylan Dog**.

With the album already a year old, listeners can expect new material soon. But first, the young band needs some minor improvements. The liner notes credit Emma Ditchburn as a vocalist, but her vocals never cut through the mix. On the next album, a female voice would add another dimension to

Jewett's melodies. The band also needs to mature to pull off complex songs, like "You're a Loose Cannon McArthur...but You Get the Job Done." The six-eight timing and trading guitars have the track sounding messy at times.

But despite the occasional clutter, the Most Serene Republic pull off natural, beautiful music. Effortlessly. And it's got a fistful of surprises- every song contains a tinkling piano part that reveals itself after ten listens. This is one of the top independent albums of the year. Pick it up. The wimpiness grows on you, trust me.

The band plays Toronto's *Ear to the Ground* festival on September 18th.

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- Pick up your Book Bursary application form - Due September 30th
- George Galloway Tickets on SALE - Last Day - September 16th 2005
- Pick up your limited Free Handbooks before they run out at the Student Centre

Transportation

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SPORTS

BM Warriors capture their second straight UTM summer mens league basketball championship

BY JACK KRIST

Summer Basketball League rivals the BM Warriors and Holy Smoke went head to head in one of the finest finals in the league's 28-year history.

It had been the first Championship Final to ever go into double overtime. Holy Smoke finished with the #1 seed and defending League Champs the BM Warriors finished in 3rd due to a default loss. The two teams met in the regular season with the BM Warriors handing Holy Smoke a 94-85 point loss. That loss had Holy Smoke hoping for a re-match.

The first half saw both teams get off to a tentative start as sides exchanged scoring chances but failed to convert-5 minutes into the game the score was 7-6 for Holy Smoke. Around the seventh minute, the flow kicked in and the baskets began to drop. Holy Smoke dominated the play throughout, but it was the BM Warriors who took the 46-43 point lead into the half with a late three pointer by Elvis Dennis. Dennis finished the first half with 12 points to lead BM. Mike Schmidt had 15 for Holy Smoke.

The second half was very close, with BM Warriors taking, in what would be the biggest lead of the game, a 9-point lead within the first 3 minutes. Holy Smoke regrouped and some great passing lead to some open shots that the Holy Smoke players were able to convert. With 3 minutes to play the BM Warriors held a slim 1 point lead. The two teams exchanged lead 4 times in the last 2 minutes and Holy Smoke managed a 3 point lead with 25 seconds left. An air-ball by a Holy Smoke player gave the ball back to the BM Warriors

with 18 seconds left in the game.

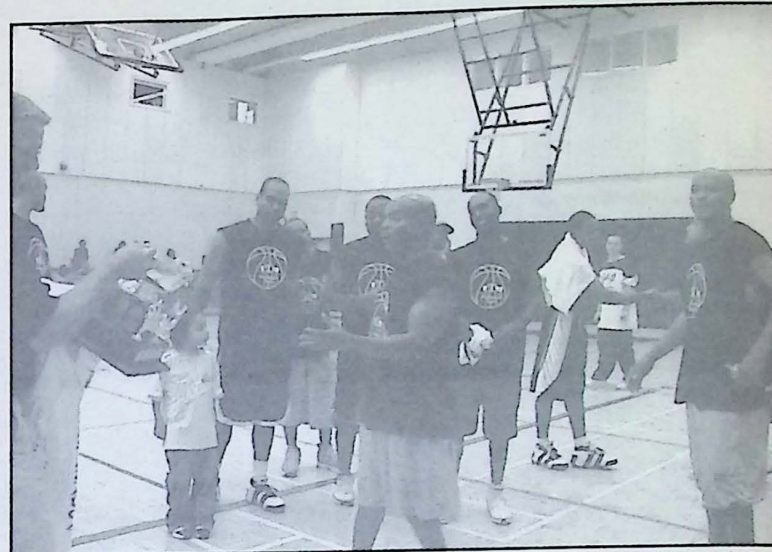
The ball was all the defending Champions were hoping for-they only needed a three to tie. With two players finishing top 10 in threes during the regular season and the team averaging close to ten three pointers a game, the odds were in BM's favour that they would hit a 3 to tie. The BM Warriors got off two three pointers in the final 20 seconds and were able to get the ball back each time with some aggressive rebounding. With less than 7 seconds left, Mike George launched a 3 for BM Warriors that found the bottom of the net to tie the game and send the crowd into frenzy. With 1.7 seconds left, a desperation two pointer at the buzzer by Dwayne Jones of Holy Smoke rimmed out and locked the game at 90 heading into OT.

The first OT period solved nothing with both teams scoring 9 points each. It wasn't until the second OT that the BM Warriors took the lead and forced the Holy Smoke team to foul in the end. When Mike Schmidt, the leading scorer for Holy Smoke, was forced to take his fifth foul late in the game to stop the clock, Holy Smoke's fate was sealed. The BM squad shot an incredible 6 for 8 from the line in the second OT, led by Mike George, who went 5 for 6 to seal the victory 110-106. Schmidt finished with a game high 32 points for Holy Smoke. Danny Amponsah had 22, Shane Bascoe had 20 and Fitzroy Lightbody added 11 for the Smoke squad. Elvis Dennis had 24 to lead the BM Warriors in scoring. Mike George added 22 and earned play-off MVP honours for his big three to force OT and his 5 clutch foul shots to ice the game. Kevin Dennis and Anthony Ighuadaro had 15 each, George Frempong had 11,

and Keith Johnson chipped in with 10 for the BM Warriors. Other team members who contributed to the win include: Leon Archer, Chris Coote, Bryan Harris and Craig Morgan.

The BM Warriors have become a dynasty in the UTM League. This year marked the 3rd consecutive year that the BM Warriors have made it to the UTM Championship Final, having lost to Sherway Dental 84-73 in the 2003 Final. The victory has brought on back to back championships for the BM Warriors-a feat only accomplished by two other teams in League history. Phoenix were League Champs in '97 and '98 while the Rockafellas turned Hardwood Kings in '00 and '01.

The BM Warriors Squad will represent the UTM campus in the Battle of U of T Champions Final to take place in the UTM gym on Tuesday August 30th at 8:00 p.m. The Warriors will take on the U of T at Scarborough League Champion, The Demons, who defeated the St. George Campus Champions, Fat Boyz, 83-75 in the Battle semi-final. The Demons have some key players in Jan Michael Nation, Duane Elder, Isaac King and Andrew Hunter. Both King and Hunter have played in the UTM League in recent years so the fans and UTM players are aware of their high level of play. The BM Warriors are looking to do what no U of T Summer Championship team has done before-win the Battle of U of T Champions back to back. Last year, the BM Warriors were the best of 56 teams entered on the three campuses of U of T, defeating the Scarborough Champions Kirvek 96-97 and the U of T Champions George Brown 108-89.



<http://www.utm.utoronto.ca/physed/>

Members of the BM Warriors accept their trophy as third time Champions of the UTM Men's Summer Basketball League.

All-star game leads to an all-time high

Despite record amount of three-pointers and dunks, Men's all-star game not the highest scoring to date on record

BY NEIL MENESES

It rained three balls at this year's UTM Men's Summer Basketball League all-star game, with East and West knocking down a total of 33 points from outside the arc.

The game finished 139-121 in favour of the East. Quick-time math shows that 99 of the 260-point total came from downtown.

As expected, the first half started off strong defensively, with both teams dominating their defensive boards for several minutes before defensive passivity set in.

Always a serious competitor, Mackey finished the game with 31, including three giant dunks of the And-1 mix tape-type.

The season's slam dunk champion David Stephens, playing for the West, shook the backboard with an explosive two-handed fast break slam near the ten minute mark of the first half. Eric Liao and Devon McDonald added to the West's offensive, each sinking 3 three pointers for their end in the first half. McDonald finished the game with 5 money balls and 34 points to take home West MVP honours. Fresh legs latecomer Dwayne Burton led the West with three dunks.

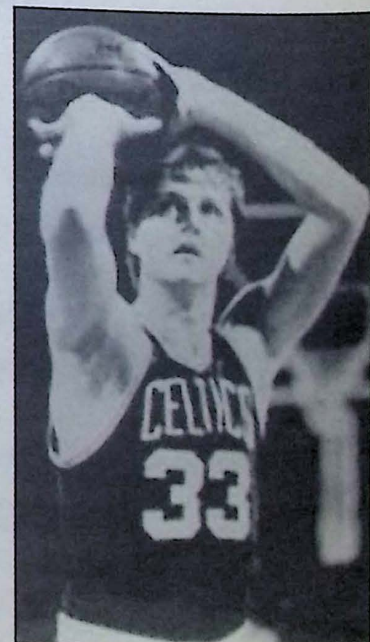
The East boasted game MVP Derek Mackey, who led all scorers at the end of the first half

At 33 three-pointers and 9 dunks, the UTM Men's Summer League All-Star game hit a record high in dunks and three-pointers.

with 17 points. Always a serious competitor, Mackey finished the game with 31, including three giant dunks of the And-1 mix tape type.

The ballers came out to shine in the second half, with players firing money balls from all over the court. Anthony Ighadaro, leading with an impressive 6 three balls, threw up a prayer from Brampton that fell for three. MVP Mackey's three dunks came in the second, including a 180 that roused the crowd and both benches. Burton finished off an alley-oop, fit in a split-second victory hang, and slammed in 3 more in the second. Once players stopped picking and blocking lanes the offense took over.

At 33 three pointers and 9 dunks, the UTM Men's Summer League All-Star game hit a record high of dunks and three pointers.



One of the great all-stars, Larry Bird.

photo courtesy of <http://www.classicphotos.com/basketball/ba4.html>

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Local Mississauga high school team captures league title

Youthful
Gators prove
experience is
no match for
speed and
energy

BY JACK KRIST

On Monday August 15, 2005, the Father Michael Goetz Gators Girl's Basketball team defeated the Veterans, one of the top teams in the U of T at Mississauga's Summer Basketball League, and captured the championship.

The core of Veterans has been in the final 14 of the last 15 years. While they make some key player additions each year, the team has been led over the years by Tina Walker, who finished 8th in the league in scoring this year. The Gators, however, having knocked off the defending Champion Hoop Sisters in the semi-finals 89-88, were not about to slow down in the final.

The Gators exercised speed early and came out strong, leading by as much as 12 in the first half,

and managed to keep the Veterans off their game by hitting from outside the 3 point line.

The Veterans, however, never quit-seeming only to warm up by the 15 minute and getting within two points by half time. The Gators hit 9 three pointers in the first half, led by Jerilyn Espiritu who had 9 points all on three balls. Angel Roque had 13 points for the Gators to lead all first half scorers. Tina Walker and Donna Drummond had 11 each to lead the Veterans.

In the second half the Gators took the lead once more with some amazing outside shooting, and the Veterans could neither close the gap nor keep up with the Gators' intensity and speed. The Gators, on fire, consistently shot the ball from the outside and hit 17 three pointers. 51 of the Gator's 76 points came from three pointers.

The Gators went on to win the game 76-64, which handed the Veterans their second straight loss in the final. Angel Roque led all scorers with 28 points for the Gators, while Jessica Roque added 19 and was named play-off MVP-averaging 26 points a game in three play-off games. Espiritu added 15 points for the Gators on 3 pointers. Whitney Haswell led the Veterans with 18 points, Walker finished with 15 and Drummond had 14.

With the entire team going back

to school in September, this team should be a definite contender at the OFSAA Championships. The Gators boasted incredible speed at the guard position and a solid ability to find the open man for easy looks at the basket. Add to that a knack for hitting three pointers and this team is never out of a game.

The Gators were on pace to set a league record for 3 pointers when a default win in their last game kept them at 47. The record had them finish just two shy of the record of 49, which has stood since 1999.

The Gators win was made all the more impressive for coming at a time when the UTM League was at an all-time high-thirteen women's teams entered the league in 2005.

Winners

Congratulations to the BM Warriors who defended their overall U of T summer league championship title on Tuesday, August 30th, 2005.

The Warriors beat the Demons from UTSC 87-83. The Warriors are the first team in UTM Men's Summer Basketball history to successfully defend their overall U of T title.

Stats Pack

WOMENS' AND MENS' SUMMER LEAGUES LEADERS

2005 MEN'S SUMMER BASKETBALL- TOP TEN DUNKERS
TEAM AND # OF DUNKS

DAVID STEPHENS - BARONS - 21
SACHA FRANCISCO - CARMELIZED SWEETNES-6
DWAYNE GRANT - CHINA PALACE - 6
DWAYNE BURTON - VOYAGEURS - 6
JERMAINE GLENN - VOYAGEURS - 5
MARVIN HILL - DA SHIZNIT - 4
DAVE TYCZYNSKI - SWISH INC - 4
ARON MOLNAR - HOLY SMOKE - 4
JON COOPER - KINGS DALE PARK - 3

2005 WOMEN'S SUMMER B-BALL TOP 10 THREE POINT SHOOTERS
TEAM AND # OF THREE-POINTERS

JAD CRNOGORAC - PANTHERS - 20
CHRIS SOLIGO - RENEGADES - 16
JERLYN ESPRITU - GATORS - 15
ANGEL ROQUE - GATORS - 13
MALISSA LUNDGREN - PANTHERS - 12
TANYA CASTANG - WHO'S NEXT - 11
MELANY BOUCHARD - RENEGADES - 10
ERIN CHAMBERLAIN - WHO'S NEXT - 10
TINA WALKER - VETERANS - 9
TAMARA SANIFORD - GATORS - 9
NEGAR TOOTOONCHIAN - TEAM 13 - 9
JEN CHORNEY - HOOP SISTERS - 9



Erindale College Student Union News and Notes



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Opportunities @ ECSU

The Erindale College Student Union is looking for volunteers to help out at various events throughout the year. This is an excellent opportunity to get some volunteer hours, make friends, and get involved! If you complete 40hrs over the year you are eligible for an appreciation award that is signed by the UTM Vice Principal. If Interested contact affairs@ecsucan



Erindale College Student Union is currently looking for volunteers to be a part of the ECSU Advertising Team. We are looking for bulletin board ad maintainers, graphic designers and artistically inclined students. This is a great opportunity for UTM students to get some advertising experience and get involved. For more information please contact advertising@ecsucan

www.ecsu.ca

Hockey, Basketball and Texas Hold 'em: which of the big three will survive the winter

Plus, an in-depth look at the effect of the NHL lock-out and its fans

BY NEIL MENESES

Well, well, well. Look who's come crawling back.

To watch NHL players sulk in front of media cameras seems appropriate. They went completely against their core argument and agreed to a salary cap. I feel for them but... well, they look like George W. Bush might if he ever admitted that WMD in Iraq was a load of crap.

The players "perseverance" pushed plenty of hockey fans away. The Players could have accepted a contract back in February-one that involved a salary cap higher than the current one. Instead, they waited it out and lost a season, a full year's salary, a huge chunk of their U.S. fan base, and ultimately... looked like grade A dweebs accepting a salary cap.

And now, the public is sympathizing. But how much?

Die hard hockey fans- and Canada has heaps of hardcore fans- will always watch hockey. But will the marginal fans return? What will become of the fans who never played the sport, never fully understood Canada's addiction to hockey- but went with the flow simply because beer and hockey were a fantastic combination? Will hockey's marginal fans return after a two-year absence?

Since NHL hockey ditched its fans last season, those hockey fans have found new ways to entertain themselves on cold, shut-in, winter nights. And second-rate entertainment spawned a sensation.

Poker-a.k.a. Texas Hold 'em or, if you're playing me, "Texas Fold 'em", was one major variety that swept Canada, the U.S., and much of the western world. Hockey bailed and pucks gained smaller, rounder competition-poker chips.

Beer and poker, after all, also get along great. And a good poker tournament could last all night-Poker is addicting, and you can make money playing Texas hold 'em. But you definitely will loose over \$200, including tickets, attending a Leafs game.

And what of the Toronto Raptors? Will the Raptors enjoy the same scrutiny from displaced hockey fans once hockey returns?

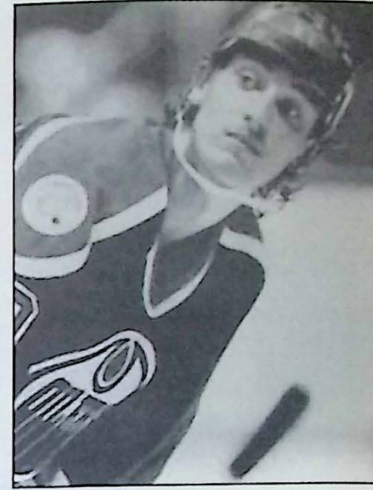
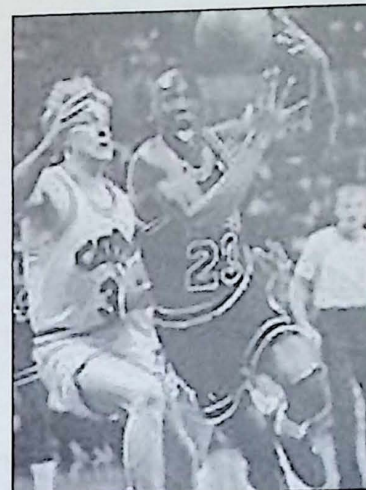
The Raptors became popular with

hockey fans and added to their already huge following when hockey departed. I've heard more than a few hockey fans talk basketball with passion. And the media further fed the fire-there is an obscene amount of resources available for NBA basketball. And so the Raptors, regardless of how closely they're followed, will always seem the popular kid on the block because they bask in a constant spotlight.

Of course hardcore basketball fans, much like hockey fans, will always remain. But, again, what about the marginal fans? Fans who never played basketball, but followed the Raptors and the NBA simply because there was no hockey to watch? Will they return to hockey or will they stick with basketball? Or will they find some happy medium between hockey, basketball, and Texas hold 'em?

Two years ago Canada, the GTA, and indeed UTM students, could always depend on spending cold Saturday nights watching a hockey game on TV. But much has changed. Now, "the game"-hockey or basketball- could become the background noise that rambles on in the background while friends stare each other down from behind chip stacks.

Now that the NHL has come crawling back, will fans help them to their feet?



photos/www.classicphotos.com

Work-Out Tips of the Week

Many people have trouble getting a good contraction in their back muscles. To remedy this, work on two things: try touching your shoulder blades together at the concentric phase of the pulling and rowing exercises while maintaining a moderate arch in your back. Keep your back arched throughout-even during the final stretch of the eccentric phase.

Pull-ups are one of the most effective-and underrated-back exercises. Try using various grip widths. Get a good stretch at the bottom and arch your back on the way up. Don't worry about getting your chin over the bar-close (5-7.5cm) counts.

Do fewer sets for small muscle groups than for large ones. For smaller muscle groups like biceps, triceps, traps and rear delts, limit the total set per body part to 4-6. Use 8-10 sets per large muscle group.

BY LORNA SLOUKJI

Volunteers Needed!

Are you a huge sports buff? Are you thinking of a career in writing, but not sure where to start? The Medium is currently looking for volunteer sports writers to cover events on-campus and across Mississauga.

I started out as a volunteer writer. The experience I gained allowed me to publish articles in several professional magazines. It also helped me land the position of Sports Editor at The Medium.

Writing for the "school paper" may sound insignificant, but do not underestimate the experience. You'll learn first hand the ins and outs of a newsroom, the importance of deadlines, and improve your writing and journalistic investigation skills. Hours are flexible. Write once a week or once a year, the decision is yours.

Feeling a little self-conscious about your writing? Don't worry. If you can write at a university level, then you can write for The Medium.

Email me, Neil Meneses, at sports@mediumonline.ca with your contact information and availability. We'll have you started in no time.

Neil Meneses
Sports Editor,
The Medium



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905-828-3714 - www.utm.utoronto.ca/physed - email: ath@utm.utoronto.ca

The staff at the Centre for Physical Education would like to welcome you to UTM. We are beginning a new year and are anticipating more students than ever using our facilities. Take advantage of our programs. Visit our website for details or pick up a copy of our latest guide book. There is something for everyone. Our facilities are located in the South Building basement.

To use the facilities you must swipe your student card. You may rent a locker, purchase items, register for classes, and reserve your courts at the FIT STOP, located on the "0" level of the South Building.

Drop-In Fitness Schedules

View them online-visit our website: www.utm.utoronto.ca/physed or have your name added to our Group Fitness list serve to get the latest schedules emailed to you each month.

U of T Intramurals

Students will represent UTM in different sport leagues in the University of Toronto Intramural Program. Teams compete against other Colleges and Faculties within the University of Toronto Intramural Leagues. Players must be willing to travel to the Scarborough and St. George campuses for league games. Students interested in playing are encouraged to come to the try-outs.

Sport		Location	Date/s	Time
Coed				
Ultimate Frisbee (Div 1 Only)		1/2 North Field	Sept. 13, 14, 15, 19	4:00 - 5:00 pm
Women's				
Basketball (Tri-Campus/Div 1/Div 2)	Gym		Sept. 20, 21, 22, 26	5:00 - 6:30 pm
Field Hockey	(Div 1 Only)	1/2 North Field	Sept. 13, 14, 15, 19	4:00 - 5:00 pm
Flag Football	(Div 1 Only)	South Field	Sept. 13, 14, 15, 19	6:00 - 7:00 pm
Ice Hockey (Div 1 Only)		Erin Mills Twin	Sept. 25, Oct. 02	10:30 - 11:30 pm
Soccer (Div 1 & Div 2)		North Field	Sept. 13, 14, 15, 19	5:00 - 6:00 pm
Volleyball (Tri-Campus/Div 1/Div 2)		Gym	Sept. 20, 21, 22, 26	8:00 - 9:30 pm
Men's				
Basketball (Div 1 & Div 2)		Gym	Sept. 20, 21, 22, 26	6:30 - 8:00 pm
Flag Football	(Div 1 Only)	South Field	Sept. 13, 14, 15, 19	5:00 - 6:00 pm
Ice Hockey (Tri-Campus & Div 1)		Hershey Centre	Sept. 25, Oct. 02	10:45 pm - midnight
Rugby	(Div 1 Only)	South Field	Sept. 13, 14, 15, 19	7:00 - 8:00 pm
Soccer (Tri-Campus/Div 1/Div 2)		North Field	Sept. 13, 14, 15, 19	6:00 - 7:00 pm
Volleyball (Div 1 & Div 2)		Gym	Sept. 20, 21, 22, 26	9:30 - 11:00 pm

Tri-Campus Leagues!

UTM's highest level of Intramural competition. The St. George Faculty of Physical Education and Health will offer Tri-Campus Intramural Leagues for Men's Ice Hockey, Men's Outdoor Soccer, Women's Basketball and Women's Volleyball. These leagues are comprised of 4 teams. UTM and Scarborough each have 1 team and there are 2 all-star teams selected to represent the St. George Campus. Have you got what it takes to compete at this level? Challenge yourself and get out to a Tri-Campus try-out!

VARSITY

You can play if you are a UTM student. Visit www.utoronto.ca/physical and search for your sport under Varsity Blues. Don't delay, tryouts are now! UTM has varsity rowing-- see our web or guide for tryout details.

Campus REC

Don't want the practices but still want to play?
Join one of our teams here at UTM!

If you are unable to make any of these tryouts, but would like to participate, please contact Jack Krist (905) 569-4607 jkrist@utm.utoronto.ca or Louise Vanderwees (905) 828-3712 lpalmer@utm.utoronto.ca

Fall Leagues- Seasons starting in late September!

Basketball (Men's) 5 players full-court. Division 1 and 2 with 6 teams in each division. Division 1 - 3 Intramural points max. Div. 2 - 1 IM point max. Games will be played on Tues. and/or Thurs. 1, 2, 3 & 4 pm. Team Entry Meeting: Tues. Sept. 27/05 @ 12:00 pm Room: SE1130. Season Starts: Tues. Oct. 4th. Performance Bond: \$40.00.

Indoor Cricket (Men's) 6 players on the floor. Division 1 with 6 teams. Games will be played on Tues. 9, 10, 11 am. Team Entry Meeting: Tues. Sept. 27/05 @ 1:00 pm Room: SE1143. Season Starts: Tues. Oct. 4th. Performance: Bond \$40.00.

Indoor Soccer (Men's) 4 players and a goalie full-court. Division 1 with 6 teams 4 IM points max. and Division 2 with 12 teams 1 IM point max. Games will be played on Mon. 9, 10, 11 am, 1, 2 & 3 pm, and Wed. 1, 2, 3 & 4 pm. Team Entry Meeting: Wed. Sept. 21/05 @ 12:00 pm Room: SE3093. Season Starts: Mon. Sept. 26th. Performance: Bond \$40.00.

Indoor Soccer (Women's) 4 players and a goalie full-court. 1 Division with 6 teams 3 IM points max. Games will be played on Wed. and/or Thurs. 9 & 10 am. Team Entry Meeting: Wed. Sept. 28/05 @ 12:00 pm Room: SE3093. Season Starts: Wed. Oct. 5th. Performance Bond: \$40.00.

Softball (Coed) 9 players on the field, 3 women and 6 men. Division 1 6 teams in league, 3 IM points max. Games will be played on Tues., Wed., & Thurs. 6:30 & 7:30 pm on the South Field. Team Entry Meeting: Tues. Sept. 20/05 @ 5:00 pm Room: SE1143. Season Starts: Tues. Sept. 27th. Performance Bond: \$40.00.

Flag Football (Men's) 7 players on the field. Division 1 with 6 teams, 3 IM points max. Games will be played on Tues., Wed., and Thurs. 12 & 1 pm on the South Field. Team Entry Meeting: Thurs. Sept. 22/05 @ 12:00 pm Room: SE1143 Season Starts: Tues. Oct. 4th. Performance Bond: \$40.00.

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